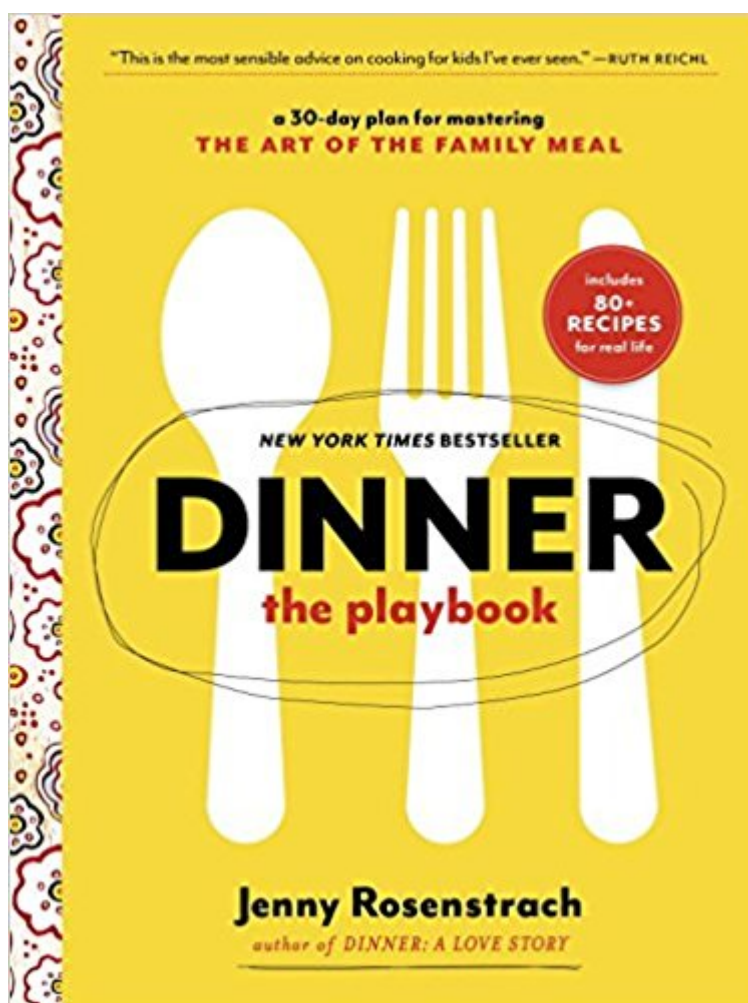


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# Dinner: The Playbook: A 30-Day Plan For Mastering The Art Of The Family Meal



## Synopsis

NEW YORK TIMES BESTSELLER Three signs you need this book: 1) Chicken fingers qualify as adventurous. (Hey, theyâ™re not nuggets.) 2) You live in fear of the white stuff touching the green stuff. 3) Family dinner? Whatâ™s family dinner? Â When Jenny Rosenstrachâ™s kids were little, her dinner rotation looked like this: Pasta, Pizza, Pasta, Burgers, Pasta. It made her crazyâ™not only because of the mind-numbing repetition, but because she loved to cook and missed her prekid, ketchup-free dinners.Â Her solution? A family adventure: She and her husband, Andy, would cook thirty new dishes in a single monthâ™and her kids would try them all. Was it nuts for two working parents to take on this challenge? Yes. But did it transform family dinner from stressful grind to happy ritual? Completely. Here, Rosenstrachâ™creator of the beloved blog and book *Dinner: A Love Story*â™shares her story, offering weekly meal plans, tons of organizing tips, and eighty-plus super-simple, kid-vetted recipes. Â Stuck in a rut? Ready to reboot dinner? Whether youâ™ve never turned on a stove or youâ™re just starved for inspiration, this book is your secret weapon.

Praise for *Dinner: The Playbook* Â •âœYour hard-to-please crew will wolf down these inventive ways to introduce â^fancyâ™ foods. Jenny Rosenstrach created them for her family, and she swears youâ™ll be shocked by the clean plates. . . . *Dinner: The Playbook* mixes â^You can do thisâ™ inspiration, practical planning, and easy recipes [with] hard-earned wisdom for getting a kid-pleasing meal on the table, night after night.â •â "Redbook Â •âœThe master of simple, low-stress cooking. You might know her from her blog, *Dinner, A Love Story*; her new book, *Dinner: The Playbook*, is full of the same secret strategies for busy women.â •â "GlamourâœFamilies and novice cooks who accept Rosenstrachâ™s challenge will definitely find a few â^keepersâ™ here.â •â "Library JournalâœJenny Rosenstrach has truly mastered the art of the happy family dinner. This is the most sensible advice on cooking for kids Iâ™ve ever seen: no gimmicks, no tricks, just practical advice for working parents. I wish this book had been around when my son was small.â •â "Ruth Reichl Â •âœThis book is for anyone who loves the promise of a home-cooked dinner but gets bogged down by the day-to-day reality of it: picky kids, picky spouses, the extinction of the nine-to-five workday, and the pressureâ™oh, the pressureâ™to get it on the table before everyone collapses into a hangry (hungry + angry) meltdown. Which is to say that this book is for me, me, me. And I bet itâ™s for you too.â •â "Deb Perelman, author of *The Smitten Kitchen Cookbook*âœWell, Jenny Rosenstrach, on the behalf of my whole family, thanks for the most practicalâ™and yet still inspiredâ™cookbook on our shelf. You are singularly responsible for my return to the kitchen.â •â "Kelly Corrigan, author of *Glitter and Glue* Â •âœJenny RosenstrachÂ is warm, wise and a genius when it comes to dinners.â •â "Joanna Goddard, blogger, *A Cup of Jo*

## Book Information

Paperback: 240 pages

Publisher: Ballantine Books (August 26, 2014)

Language: English

ISBN-10: 0345549805

ISBN-13: 978-0345549808

Product Dimensions: 5 x 0.8 x 8 inches

Shipping Weight: 1 pounds (View shipping rates and policies)

Average Customer Review: 4.1 out of 5 stars 73 customer reviews

Best Sellers Rank: #126,204 in Books (See Top 100 in Books) #34 in Books > Cookbooks, Food & Wine > Special Diet > Cooking for Kids #479 in Books > Cookbooks, Food & Wine > Cooking Methods > Quick & Easy #2024 in Books > Parenting & Relationships > Parenting

## Customer Reviews

“Your hard-to-please crew will wolf down these inventive ways to introduce ‘fancy’ foods. Jenny Rosenstrach created them for her family, and she swears you’ll be shocked by the clean plates. . . . Dinner: The Playbook mixes ‘You can do this’ inspiration, practical planning, and easy recipes [with] hard-earned wisdom for getting a kid-pleasing meal on the table, night after night.” —Redbook

“The master of simple, low-stress cooking. You might know her from her blog, Dinner, A Love Story; her new book, Dinner: The Playbook, is full of the same secret strategies for busy women.” —Glamour

Families and novice cooks who accept Rosenstrach’s challenge will definitely find a few ‘keepers’ here.” —Library Journal

“Jenny Rosenstrach has truly mastered the art of the happy family dinner. This is the most sensible advice on cooking for kids I’ve ever seen: no gimmicks, no tricks, just practical advice for working parents. I wish this book had been around when my son was small.” —Ruth Reichl

“This book is for anyone who loves the promise of a home-cooked dinner but gets bogged down by the day-to-day reality of it: picky kids, picky spouses, the extinction of the nine-to-five workday, and the pressure ‘oh, the pressure’ to get it on the table before everyone collapses into a hangry (hungry + angry) meltdown. Which is to say that this book is for me, me, me. And I bet it’s for you too.” —Deb Perelman, author of The Smitten Kitchen Cookbook

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“Jenny Rosenstrach is warm, wise and

a genius when it comes to dinners. . . . As a mother of two young children, I was always racked with guilt when serving hummus and crackers for dinner or suggesting yet another night of scrambled eggs. But this brilliant guide is "no exaggeration" changing my life. I was more than happy to let Jenny be my boss for thirty days and whip me "and my family's dinner" into shape. Think of this book as the world's most delicious boot camp. • "Joanna Goddard, blogger, A Cup of Jo

Jenny Rosenstrach is the creator of *Dinner: A Love Story*, the award-winning website devoted to family dinner, and the *New York Times* bestselling author of *Dinner: A Love Story* (Ecco), *Dinner: The Playbook* (Ballantine), and *How to Celebrate Everything* (Ballantine). She was the features director at *Cookie* magazine for four years and special projects editor at *Real Simple* for six. Her essays and articles have appeared in numerous national publications and anthologies, including *The New York Times Book Review*, *Real Simple*, *Martha Stewart Living*, *Whole Living*, and the op-ed page of *The New York Times*. She has appeared on NPR's *Weekend Edition* and NBC's *Today*. She and her husband, Andy Ward, write the *Providers* column for *Bon Appétit*. They live with their two daughters in Westchester County, New York.

Jenny's recipes are delicious and fast, but it's really her tone and confidence that made me love this book. I've been living on eating out, carryout, fresh ravioli, mac n'cheese, and other cheese/bread variations for decades. It didn't really bother me until I had kids (ages 3 and 0). I wanted to break the cycle of Not Really Cooking and this helped me do it. I'm on Week Two of home cooking most nights. Even if I can't cook the actual meal for whatever reason everything is to go and my partner does it. Thank you thank you!

This is the first cookbook that I've found that has legitimately decent healthy home cooked meals that can truly be prepared quickly in a house with small kids.

It's one thing to say that "Family Dinner" is important, quite another to actually do it. We're all so busy and crammed with activities so it's difficult to get it all together, especially if you are working or otherwise busy and your kids are picky eaters (aren't everyone's?). This book, which follows in the style of Jenny's blog (*Dinner, a Love Story*) tells you how. WHAT A WINNER! Not just good recipes, but a game plan on how you and your family can make Family Dinner happen -- and be happy about it. She not only sets out a game plan, but offers loads of helpful tidbits everywhere, like in *The*

Kitchen Dump Section, where there's some info on what to do with bruised apples. And, for picky eaters, a suggestion to "rename" a dish so it will sound more appealing and maybe get your child to try it. I especially liked the advice to have your children look at pictures of food, to see what they find appealing. Why didn't I ever think of that? And I also especially like that she recommends shopping with your children. What better way to spend some time talking to your children than in a supermarket where you can distinguish colors for the youngest ones, show the scale and how it works to your grade schoolers, ask your older children to figure out how much 3 pounds of peaches cost, show your children the long list of ingredients on the junk food labels? You may not consider this an adventure, but you get to do what you have to and spend some quality time with your children too. BRAVO Jenny. Jenny never preaches. This is all just sound, practical advice to help take the stress out of planning, shopping, cooking and finally, eating dinner together as a family. Your game plan may not be hers. You may choose different recipes. But the concept of considering, planning, shopping, cooking and dining with family is now a lot easier if you use this wonderful book. Btw, the recipes are easy. The Sticky Pomegranate Chicken Pieces have 4 ingredients and taste awesome. Also loved the Miso Glazed Salmon.

Anyone who wants to serve family dinners will enjoy this book. It's equal parts inspiration and how-to (recipes). Rosenstrach's other books are good, too.

I have been in a rut with dinner lately. I own the first cookbook by Rosenstrach, and enjoy the blog, so I was looking forward to the new book. I really appreciate the weekly dinner plan format, because to me, the planning is the most tedious part of cooking. I wish more books existed that had a full week of meal plans, taking into account the partial use of ingredients and helping you use up leftovers. As soon as I read through the book, I flagged several pages and have made four of the recipes in the book so far. All were delicious. Highly recommend.

Love this book! Recipes are easy to follow and easy to prepare. Best part is that the kids LOVE to be involved in giving each meal a 'grade' after we eat it. We're just about finished with our 30 days and we already have 7 or 8 meals that my kids all love!

Not really impressed. Ok.

Heard about this on a podcast and was so excited to get it. The ideas in it are good - the recipes are

ok. Family not enthused.

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